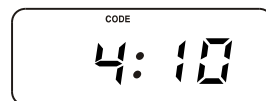
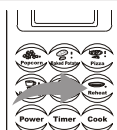


OPERATION (CONTINUED)

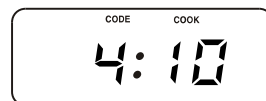
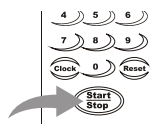
REHEAT QUICK COOK PAD

Use this feature and the oven will automatically set the cooking time. Reheat as follows:

1. To reheat a standard plate, touch the **REHEAT** pad (total reheat time is 4 minutes, 10 seconds).
The display will show "CODE".



2. Touch the **START/STOP** pad. The display will show "CODE" and "COOK" and will count down the remaining cooking time in minutes and seconds and will beep four times when cooking is completed.

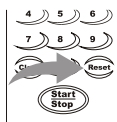


Arranging the foods on the plate will determine how evenly they cook. Dense foods (such as meat) and compact vegetables (such as mashed potatoes) should be placed around the edges and spread out as much as possible to expose them to the microwave energy. Large amounts of food should be spread out to receive more energy than smaller ones. Covering dry meat slices with gravy will help speed the heating. Light, airy foods (such as rice, delicate seafood, etc.) absorb energy quickly. Place them in the center of the plate.

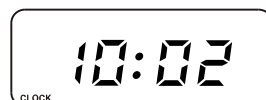
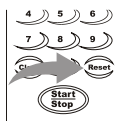
CHILD LOCK

The Child Lock prevents unwanted oven operation by small children. The oven can be set so that the control panel is deactivated or locked.

1. To activate, press and hold the **RESET** pad for three seconds, "LOCK" will appear and no buttons can be pressed.



2. To deactivate, press and hold the **RESET** pad for three seconds, "LOCK" will disappear.

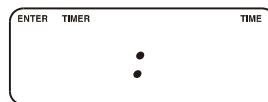


OPERATION (CONTINUED)

SETTING THE TIMER

1. Touch the **TIMER** pad.

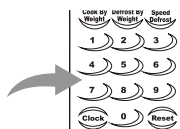
The display will show "ENTER TIMER TIME".



2. Enter the desired timer time.

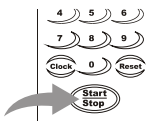
EXAMPLE: To set the time to "10:02", touch "1", "0", "0", "2" in sequence.

The display will show the numbers pressed in the order in which you pressed them.



3. Touch the **START/STOP** pad.

The display will count down the timer time and emit one long beep.



NOTES:

- The clock will appear in the display when the timer is counting down. To view the time left on the timer, simply press the **TIMER** pad once.
- You can set the Timer while the oven is cooking. This is useful to set the timer to go off when you need to turn or rearrange cooking/defrosting foods.
- Touch the **TIMER** pad followed by the **RESET** pad to cancel the timer.

TO STOP THE OVEN WHILE IT IS OPERATING

1. Press the **START/STOP** pad.

- The oven can be restarted by pressing the **START/STOP** pad.
- Touch the **RESET** pad to erase all instructions.
- You must then enter new instructions if needed.

2. Open the door.

COOKING GUIDE

THE PRINCIPLES OF MICROWAVE COOKING

Microwaves are a form of high frequency radio waves similar to those used by a radio including AM, FM and CB. Electricity is converted into microwave energy by the magnetron tube. From the magnetron tube, microwave energy is transmitted to the oven where it is reflected, transmitted, and absorbed by the food.

Reflection

Microwaves are reflected by metal just as a ball is bounced off of a wall. For this reason, metal utensils are not suitable for use in the microwave. A combination of stationary interior walls and a rotating metal turntable or stirrer fan helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.

Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.

Absorption

During cooking, microwaves will be absorbed by food. They penetrate to a depth of about 3/4 to 1 1/2 inches. Microwave energy activates the molecules in the food (especially water, fat and sugar), and heat is produced. If you vigorously rub your hands together, you will feel heat produced by friction. The internal cooking of larger foods is done by conduction as the heat which is produced by friction is conducted to the middle of the food. Foods also continue to cook by conduction during standing time.

FOOD CHARACTERISTICS

Quantity: The amount of food placed in a microwave oven has a direct effect on the cooking time. Small amounts of food or liquid require less cooking time than larger amounts of the same substance. As quantity increases, concentration decreases.

Size: Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than two inches (5 cm), so microwaves can penetrate to the middle from all sides. Pieces which are similar in size and shape cook more evenly.

Shape: Many foods are uneven, like a chicken, ribs or broccoli. The thin parts will cook faster than the thick parts, while uniformly thick foods cook evenly. To compensate for irregular shapes, place thin pieces toward the center of the dish and thicker pieces toward the edge of the dish.

Starting Temperature: Frozen or refrigerated foods take longer to cook than foods at room temperature.

Bone and Fat: Because bones conduct heat, the side of the meat the bone is on will cook first, while boneless cuts cook slower but more evenly. Fat attracts microwaves. The middle of these foods are cooked by heat conduction.

Moisture Content: Microwaves are attracted by moisture. Naturally moist foods absorb microwaves better than dry ones. Add a minimum of liquid to moist foods, as excess water slows cooking.

Density: The density of food determines how easily the microwaves can penetrate and how quickly it will cook. Porous foods, like chopped beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes.

Piercing: Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

MICROWAVE TECHNIQUES

Stirring: Stir foods from outside to center of dish once or twice during cooking to equalize heat and speed microwaving. Foods will not burn or stick, so there's no need to stir constantly as you do in conventional cooking.

Arrangement: Arrange foods with thin or delicate ends, like drumsticks or asparagus spears with the thick or tougher portions to the outside of the dish. The parts which need more cooking will receive more energy, so food will microwave evenly.

Spacing: Individual foods, such as baked potatoes and cupcakes will cook more evenly if placed in the oven an equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Food should not be stacked on top of each other.

Rearrangement: Rearrange overlapping areas, like tails of long fish fillets, from top to bottom, and closely packed pieces, like meatballs, from the outside to the center of the dish.

COOKING GUIDE (CONTINUED)

Standing Time: Standing time is especially important in microwave cooking. Microwave energy creates heat in the outer layers of the food. As a result of normal conduction, the food continues to cook for a few minutes after removal from the oven. Letting roasts, large whole vegetables, casseroles and cakes stand to finish cooking allows the middles to cook completely without overcooking, drying or toughening the outsides.

Covering: Covering speeds cooking time, retains moisture, tenderizes, insures even cooking and prevents spattering. Casserole lids or plastic wrap are used for a tighter seal. Vent plastic by turning back one edge at the side of dish to form a narrow slot where excess steam can escape. Various degrees of moisture retention are also obtained by using a microwaveable cover.

Browning: Microwave energy cooks some foods so quickly that the fats and sugars within the food do not have time to caramelize and give a "browned" appearance. Browning agents do not affect the quality of microwaved foods, but can add color and flavor. For meats and poultry, use bouquet sauce diluted with water or melted butter, soy, Worcestershire, barbecue or steak sauce, a sprinkling of paprika or dry gravy mix; jelly glaze or crumb coating. Frosting and topping finish cakes and breads. Top casseroles at the end of microwaving with grated cheese or crumbs.

Some Foods do not Microwave Well

Eggs in Shells and hard boiled eggs can burst.

Pancakes do not crust, but they reheat well. Fully-prepared, frozen pancakes are available for microwaving.

Deep Fat Frying can cause burns.

Bottles with narrow necks may shatter if heated.

Pop Popcorn only in special microwave poppers. Do not use oil unless specified by the manufacturer, or heat longer than recommended. Never pop popcorn in paper bags or glass utensils or directly on the glass tray.

HOT SNACKS AND APPETIZERS

Hot hors d'oeuvres and appetizers can be prepared very quickly in the oven by the hostess, or individual servings may be prepared by guests.

Many appetizers may be cooked on the serving platter, provided the platter does not have metal trim. A time saver tip - prepare these foods ahead of time, refrigerate or freeze and refresh in the oven at serving time. A plate of appetizers will take only seconds to prepare or refresh.

Cheese melts very rapidly and will toughen if overcooked, so watch foods combined with cheese closely so that overcooking will not occur. As soon as cheese starts to bubble, cooking is completed.

Appetizers that have a crisp pastry exterior are best prepared in a conventional oven.

To prepare appetizers wrapped in bacon, it will be necessary to precook the bacon and then wrap around the foods.

Oysters wrapped in bacon are easier to prepare in the broiler of your conventional range.

Seafood mixtures can be prepared in serving shells as microwave energy will pass through the seafood shells without heating. Aluminum foil should not be used for shells.

If spreads are placed on crackers, care should be taken not to overcook as moisture from the food will cause crackers to become soggy. Crackers used for spreads should be very dry and crisp. This helps avoid sogginess. Heat only until spread is at serving temperature.

The time required to heat all appetizers will depend on the amount of food, and the number and the type of dish selected. Remember the food will become very hot even if the dish is cool. Cheese mixtures retain heat longer when heated with microwave energy.

COOKING GUIDE (CONTINUED)

MEATS

Guide for Cooking Meats

Roasts, chops, hamburgers and small cuts of tender meat cook beautifully in the microwave oven. Most roasts can be cooked rare, medium rare or even well done in less than one hour. Less tender cuts of meat such as pot roast can be simmered fork tender in a sauce or gravy. Tough cuts that require slow cooking will do better in the conventional range or oven. A large piece of meat, especially if the shape is uneven, should be turned over occasionally for uniform roasting.

Meat	Power Level	Cooking Time (per lb)	Standing Time	Special Notes
Beef Roast				
Rare	80	9 - 12min.	10 min.	Turn over after half the time.
Medium	80	10 - 13 min.	10 - 15 min.	
Well	80	11 - 16 min.	10 - 15 min.	
Pork Roast				
Bone-in	80	12 - 15 min.	10 min.	Cover with a microwaveable cover.
Boneless	80	12 - 15 min.	10 - 15 min.	Turn over after half the time.
Lamb Roast				
Bone-in	Medium 80	7 - 9 min.	10 - 12 min.	Turn over after half the time.
Well	80	9 - 12 min.	10 - 15 min.	
Boneless	Medium 80	9 - 12 min.	10 - 12 min.	
Well	80	10 - 14 min.	10 - 15 min.	
Beef Patties (3 1/2 oz) each				
2 patties	100	2-1/2 - 3 min.	5 - 7 min.	Turn over and rearrange after half the time.
4 patties	100	4 - 6 min.	5 - 7 min.	
Meat Loaf (2lbs)				
	100	15 - 18 min.	10 - 12 min.	Cover with a microwaveable cover.
Bacon				
Slices (4 strips) (1 slice; weight: 1 oz, length: 11 in.)	100	5 - 7 min.	—	Cover with a microwaveable cover.
Ham				
Slices (1 in. thick) 4 slices	50	7 - 9 min.	5 - 7 min.	Cover with a microwaveable cover.

COOKING GUIDE (CONTINUED)

POULTRY

Guide for Cooking Poultry

Chicken is one of the most popular foods and microwaving chicken is one of the best uses of your microwave oven. Chicken stays juicy and tender in the microwave oven. However, juiciness prevents browning because chicken crisps and browns only when the skin dries out enough to change color. Standing time is important, because it allows the interior to finish cooking without toughening the delicate breast meat.

Food	Power Level	Cooking Time (per lb)	Standing Time	Special Notes
Roast				
Chicken whole	100	7 - 11 min.	10 - 15 min.	Place breast side up on roasting rack. Let stand, covered, before serving.
Chicken cut up	100	7 - 11 min.	7 - 10 min.	
Turkey	80	7 - 11 min.	10 - 15 min.	
Cornish Hens	100	7 - 11 min.	7 - 10 min.	
Turkey Breast	60	8 - 10 min.	5 - 7 min.	Rearrange once during cooking. Cover with a microwaveable cover.

SEAFOOD

Guide for Cooking Seafood

Microwaving is one of the easiest and most efficient ways of preparing fish and seafood, which stay delicate and tender with quick, moist cooking. Overcooking dries out and toughens seafood, so you should check it after the minimum time. If thick pieces like fish steaks or lobster tails are done on the outside, but still slightly translucent in the middle, let them stand for a few minutes; internal heat will complete the cooking.

Food	Power Level	Cooking Time	Standing Time	Special Notes
Whole Fish (1 lb to 1 1/2 lbs)	70	8 - 12 min.	5 min.	Turn over after half the time.
Fish Fillet (1 lb)	70	5 - 9 min.	2 - 3 min.	Turn over after half the time.
Fish Steak 1 inch thick (1 lb)	70	4 - 6 min.	5 - 6 min.	Turn over after half the time. Cover with a microwaveable cover.
Shrimp (1 lb)	70	3 - 4-1/2 min.	5 min.	Rearrange once during cooking. Cover with a microwaveable cover.
Sea Scallops (1 lb)	80	6 - 7-1/2 min min.	5 min.	Rearrange once during cooking. Cover with a microwaveable cover.

COOKING GUIDE (CONTINUED)

EGGS & CHEESE

Guide for Cooking Eggs & Cheese

- CHEESE**

Cheese melts quickly and smoothly. When serving cheese as an appetizer, flavor is at peak when served at room temperature. Use a low power level for melting. Cheese melts best when shredded and heated with milk or other liquids. Stir cheese mixtures several times for even heating.

- EGGS**

Eggs cook differently by microwave. The high fat content of egg yolks absorb energy, so yolks cook faster than whites. It's easy to poach eggs in a microwave oven, but if you want soft yolks, remove eggs from the oven before whites are completely cooked. A brief standing time allows whites to set without overcooking yolks. Check eggs for completion of cooking early, they toughen when overcooked.

When eggs and yolks are mixed together for omelets, scrambled eggs or custards, they cook evenly and need less stirring than the conventional cooking methods.

Do not try to cook eggs in the shell. Steam can build up inside the shells, causing them to burst.

Scrambled Eggs

Eggs	Butter	Milk or Water	Cook on Power 10	Procedure
2	1 Tbsp	2 Tbsp	1 -3min.	Place butter in small casserole and melt. Add eggs and milk, scrambling with fork. Cook as directed in chart, breaking up and stirring eggs twice. Let stand, covered, before serving.
4	1 Tbsp	2 Tbsp	2 - 4 min.	
6	2 Tbsp	4 Tbsp	3 - 5 min.	

Eggs	Water	Cook Water on Power 10	Cook Eggs on Power 8	Standing Time	Procedure
1	1 1/2 cups	3 - 5 min.	2 min.	2 min.	Place water into medium casserole. Cook at High until boiling. Break eggs, one at a time, into separate dish, pierce yolk once with wooden pick and slip egg carefully into hot water, cook as directed in chart.
2	1 1/2 cups	3 - 5 min.	2 - 3 min.	2 min.	
4	2 cups	5 - 6 min.	3 - 5 min.	2 min.	

COOKING GUIDE (CONTINUED)

VEGETABLES

Guide for Cooking Fresh Vegetables

Nutrition research indicates that many microwaved vegetables and fruits lose less water soluble vitamin C than when cooked conventionally. This is due to shorter cooking time and to the fact that less cooking water is needed when microwaving fruits and vegetables. Best of all, vegetables keep their fresh color, texture and flavor. Vegetables should be microwaved covered with a microwaveable cover, or a casserole lid. Vegetables cooked in their skins, such as potatoes, are already so tightly covered that they should be pricked with a fork before cooking in order to release excess steam. To assure even cooking, vegetables should be cut in uniform pieces and stirred during the cooking time. Always add salt to water before adding vegetables. Reduce time a minute or two for crisp-tender texture. Increase time for very soft texture. Remember to allow standing time of two to five minutes after cooking, because as most foods do, vegetables will continue to cook after they are removed from the microwave oven.

Food	Water Amount	Cook on Power 10	Standing Time	Special Notes
Asparagus				
Spears (1lb) Cuts (1lb) 1/2 cup	1/4 cup 5 - 6 min.	5 - 7 min. 2-1/2 min.	2 min.	Medium Casserole. Re-arrange once.
Beans				
Fresh green (1/2lb)	1/4 cup	5 - 7 min.	2 min.	Stir twice.
Frozen green (1/2lb)	2 Tbsp	6 - 7 min.	2 min.	Stir twice.
Green Peas (2 cups)	1/4 cup	4 - 6-1/2 min.	2 min.	Small casserole. Stir twice.
Broccoli (2 cups)	1/4 cup	4 - 6-1/2 min.	2 min.	Medium casserole. Rearrange once during cooking.
Brussels Sprouts (1lb)	1/4 cup	7 - 8 min.	2 - 3 min.	Medium casserole. Stir once.
Cabbage (1lb)	1/4 cup	6 - 7-1/2 min.	2 - 5 min.	Rearrange once during cooking.
Cauliflower pieces (1 head)	1/4 cup	6 - 7-1/2 min.	2 - 5 min.	Cover with a microwaveable cover. Stir once.
Mushroom slices (1/2lb)	2 Tbsp	4 - 6- min.	2 - 3 min.	Small casserole. Stir once.

SOUPS

Guide for Cooking Soups

Satisfy appetites with savory soups prepared in your microwave oven. Follow our recipes for homemade soups and stews or adapt your favorites by using similar cooking times and techniques.

Food	Power Level	Cooking Time	Standing Time	Special Notes
Canned Condensed				
Cream style, Bean, Pea or Mushroom (10 1/2 - 11 1/2 oz)				
With Water	100	5 - 6 min.	2 - 3 min.	Stir halfway through cooking time. Cover.
With Milk	80	5 - 7-1/2 min.	2 - 3 min.	
Dry Soup Mix	100 then	5 - 8min.	2 - 3 min.	Add water. Cover with lid. Stir twice.
1 envelope (10 1/2 oz)	60	2-1/2 - 4 min.		
Broth (10 1/2 oz)	100	4 - 5-1/2 min.	2 - 3 min.	Stir twice. Cover

COOKING GUIDE (CONTINUED)

SAUCES

Guide for Cooking Sauces

Sauces boil over rapidly, especially those that contain milk. As soon as the door is opened, cooking stops. If ingredients are not taken directly from the refrigerator, cooking time will be less than given in the recipe. Stir sauce quickly, about every 30 seconds to eliminate lumps. Be sure to use a container twice the size of the amount of liquid to prevent boiling over.

A wooden spoon may be left in the dish while sauce is cooking for easy stirring. If sauce is stirred slowly, cooking time may require about 15 seconds longer. If desired, a 1 quart glass measure may be used to prepare some sauces.

White Sauce

Amount	Butter	Flour	Milk	Cook Butter	Cook Sauce	Special Notes
1 cup, thin	1 Tbsp	1 Tbsp	1 cup	45 sec.	1-1/2 - 4 min.	Cook on Full power as directed or until thickened, stirring once. Let stand, covered, before serving.
med.	2 Tbsp	2 Tbsp	1 cup	1 min.	1-1/2 - 4 min.	
thick	3 Tbsp	3 Tbsp	1 cup	1 min.	3 - 4-1/2 min.	

Brown Gravy

Amount	Fat from Drippings	Flour	Liquid or Drippings	Cook on Power 10	Special Notes
1 cup, thin	1 Tbsp	1 Tbsp	1 cup	2 - 4 min.	Cook on Full power as directed or until thickened, stirring once. Let stand, covered, before serving.
med.	1 Tbsp	1 Tbsp	1 cup	3 - 5 min.	
thick	1 Tbsp	1 Tbsp	1 cup	3 - 5 min.	

CASSEROLES

Casseroles may require occasional stirring to distribute heat. They cook more evenly when made with ingredients of similar size and shape. Because of their shorter cooking time, casseroles cooked in the microwave oven generally need less liquid. Casseroles with cream and cheese sauces, or meats which need slower cooking to tenderize, cook best on power level 4.

When cooking a favorite casserole, make two and freeze the second for future use. Line a casserole or baking dish with plastic wrap. Transfer the cooked food to the lined container and freeze. As soon as the food is frozen in the shape of the dish, remove it and wrap with freezer paper. Later it can be unwrapped and returned to the container for defrosting and heating.

Dry Casserole Mixtures

Many prepared box type casseroles are available on the grocery shelves. Many have freeze dried foods or evaporated foods included. Cooking periods are so short there may not be time for the foods to absorb the moisture sufficiently and reconstitute the foods. To prepare this type, boil the amount of water recommended on the package. Add the noodles (when included), cover and cook for approximately 10 minutes. Allow noodles to stand covered for an additional 10 minutes, rinse with warm water and drain. Then follow package directions for preparing the mix. Reheat four to six minutes before serving.

COOKING GUIDE (CONTINUED)

SANDWICHES, INCLUDING HAMBURGERS AND HOT DOGS

Guide for Heating Sandwiches

Sandwiches heat very quickly because, being porous, they have a low density. Since the filling is usually more dense than the bread or rolls, the filling determines the heating time. Surprisingly, the filling will always be hotter than the bread feels. Care must be taken not to overcook as the bread will become tough. Use several thin slices of meat. Thin slices heat more quickly and are better than one thick slice. The slow heating thick slice often causes the bread to overcook before the meat is hot. Sandwiches may be placed on a paper plate, napkin or paper towel to be warmed. The sandwich should be covered with a paper towel. Remove wrapping immediately after warming. Already-baked frozen breads and rolls may be used for sandwiches. The filling, however, should be thawed first. Toasted bread is fine for sandwiches and provides a firm base. The toast is warmed only; no further browning occurs.

Food	Amount	Cook on Power 10	Special Notes
Sandwich (6 oz)	1	1 min.	Place on microwaveable plate.
	2	2 - 3 min.	
	4	3 - 5 min.	
Hamburger (4 oz)	1	1 min.	Cover with a microwaveable cover.
	4	3 - 5 min.	
Hot Dogs (2 oz)	4	2 - 2-1/2 min.	Cover with a microwaveable cover.
Sloppy Joes	4	4-1/2 min.	Place on microwaveable plate.

PASTA & GRAINS

Guide for Cooking Pasta and Grains

Raw long grain rice takes time to rehydrate. Microwaving time is a little shorter than conventional, but the greatest advantage is the ease with which you can prepare fluffy rice without sticking or burning. Cooked rice and pasta reheat easily in the microwave oven without loss of flavor or texture. No extra water is needed to prevent sticking or drying, so there's no danger of overcooking rice and pasta or thinning sauces.

Food	Hot Water	Salt	Oil or Butter	Power Level	Cooking Time	Standing Time
Pasta (8 oz)						
Egg Noodles	4 cups	1 tsp.	1 Tbsp.	100	6 - 8 min.	2 - 5 min.
Macaroni	4 cups	1 tsp.	1 Tbsp.	100	7-1/2 - 10 min.	2 - 5 min.
Spaghetti	4 cups	1 tsp.	1 Tbsp.	100	8 - 11 min.	2 - 5 min.
Lasagna Noodles	4 cups	1 tsp.	1 Tbsp.	100	11 - 14 min.	2 - 5 min.
Rice, Long Grain						
White Rice (1 cup)	2 cups	1 tsp.	1 tsp.	100	5 - 7 min.	5 - 7 min.
				then 80	9 - 12 min.	
Brown Rice (1 cup)	2 cups	1/2 tsp.	1 tsp.	100	5 - 7 min.	5 - 7 min.
				then 80	20 - 27 min.	

COOKING GUIDE (CONTINUED)

CEREALS

Microwaved hot cereals can be cooked directly in the cereal bowl and make cleaning up easy.

CONVENIENCE FOODS

Frozen Foods

A large variety of frozen foods, special dishes and dinners are available and the selections continue to increase. The market is changing rapidly, therefore it is impossible to list the foods and types available and recommend cooking procedures. In this book we can only give general directions to assist you.

T.V. Dinners

To prepare a T.V. dinner, follow the maker's instructions for use with microwave ovens. To cook a T.V. dinner will require approximately four to seven minutes for the food to thaw and heat to serving temperature (depending on the types of food). Allow plastic wrap to remain over the dish for two minutes to allow heat to equalize. Dinners that contain mashed potatoes have presented a bit of a problem due to the large compact mass of this particular food. You may want to remove about half the mashed potatoes after defrosting is started, then spread the remaining potatoes over the individual section of the tray. Heat the removed mashed potatoes in an individual dish. For foods that should be crisp when cooking is completed, remove the plastic wrap and use the broiler of a conventional range to crisp the food.

Individual Frozen Foods

These may be commercially prepared or frozen at home. Place the container of frozen food in the oven and heat only until the food starts to defrost and can be removed easily. Empty contents into a casserole or serving dish and continue to defrost and heat. Do not heat foods in deep foil containers. To crisp and brown special toppings, use the broiler of a conventional range. If allowed to heat to serving temperature in a plastic container, the container will warp or melt from the high heat of food.

Frozen Foods in Cooking Pouches or Boilable Bags

To prepare these foods, slit the plastic bag. An X-type cut will help remove the food at the end of cooking time. Place the cut side down on a serving dish (with no metal trim). Heat foods other than vegetables for about three minutes. Frozen vegetables require about nine to 10 minutes of cooking time. Allow the pouch bag to remain over the food for about two minutes to allow time for the heat to equalize. Foods prepared in cheese or white sauce should be removed from the pouch and placed in a glass casserole dish and stirred to prevent overcooking of the sauce around the edges of the dish.

Complete Meals from Table Leftovers

Complete meals from leftovers can be prepared in advance. Foods can be frozen and ready for quick heating in the oven at any time. Choose foods suitable for freezing and put serving portions on paper, glass or china (no metal trim) plates. Wrap with recommended freezer paper and freeze quickly. When apportioning the servings of food on the plate, use approximately the same amount of each kind of food for more even heating. Mashed potatoes will heat quicker if spread slightly and hollowed, with a pat of butter in the center. To prevent small pieces of vegetables, corn, peas, etc., from dehydrating during heating, mound well near the center of the plate.

COOKING GUIDE (CONTINUED)

DESSERTS

There's always time to make dessert with a microwave oven. Fruit desserts have a remarkably fresh flavor and texture. Microwaved cakes are higher and more tender than conventionally baked; since cakes are usually frosted, browning is unimportant. Microwaved pie crusts are exceptionally tender and flaky, while delicate custards and puddings are easy to prepare.

Guide for Cooking Cakes

Food	Power Level	Cooking Time	Standing Time	Special Notes
Cake, round (Mixed 9 inch)	100 80	6 - 8 1/2 min. 7 - 9 min.	2 - 5 min.	Pour into greased and wax paper lined cake dishes.
Ring or Angel Food Cake	80	8 - 11 min.	2 - 5 min.	Cover with a microwaveable cover.
Muffin (6 muffins)	60	6 1/2- 8 1/2 min.	2 - 5 min.	Rearrange once.
Custard (6 servings)	60	15- 17 min.	5 - 7 min.	Rearrange once.

Baking

- Bar cookies work best. Greasing or lining of the microwaveable baking dish is optional.
- If insufficient browning disturbs you, frost, glaze or add food coloring to white or yellow batters.
- A serviceable microwaveable cookie sheet can be made by covering cardboard with waxed paper.
- Round glass baking dishes, and fluted or smooth microwaveable ring molds work best for cakes. You can make a microwaveable ring mold of your own by placing a medium-size glass in the center of a round glass baking dish.
- Because your cakes will rise higher in microwave cooking, never fill microwaveable cake pans more than half full.
- Reduce baking powder and soda by approximately one-fourth when converting a conventional recipe.
- Fill paper-lined muffin cups to only half full which allows for muffins to rise more than normal.
- You can prepare your own "brown 'n serve" breads and rolls by baking them ahead of time in the microwave oven. Then, place them in a conventional oven to brown prior to serving.
- Breads and rolls should be reheated to the point where they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.
- When making yeast bread in a microwave oven, choose a recipe with cornmeal, whole wheat flour, or rye flour to achieve a richer color.

WEIGHT & MEASURE CONVERSION CHART

- POUNDS & OUNCES TO GRAMS

POUNDS (lbs)	GRAMS (g)	OUNCES (oz)	GRAMS (g)	OUNCES (oz)	GRAMS (g)
1/4	114	1	28	9	255
1/2	227	2	57	10	284
3/4	341	3	85	11	312
1	454	4	113	12	340
2	907	5	142	13	369
3	1361	6	170	14	397
4	1814	7	198	15	425
5	2268	8	227	16	454
6	2722				
7	3175				
8	3629				
9	4082				
10	4536				
11	4990				

• FLUID MEASUREMENTS

1 Cup =	8 fluid ounces =	240 ml
1 Pint =	16 fluid ounces =	480 ml
1 Quart =	32 fluid ounces =	960 ml
1 Gallon =	128 fluid ounces =	3840 ml

SPECIFICATIONS

Item	Rating Specification
Power Supply	120V 15A single phase with grounding 60Hz AC
Microwave Output Power	700W
Microwave Frequency	2450MHz
Outside Dimensions	W17.8" X D15.6" X H10.3" (W452 X D395 X H262 mm)
Cavity Dimensions	W12.4" X D12.4" X H8.3" (W315 X D314 X H210 mm)
Weight	26.4 Lbs (12 kgs)(Approx)
Timer	Digital 99 minutes, 99 seconds

BEFORE YOU CALL FOR SERVICE

Refer to the following checklist before you call for service:

The oven does not work:

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
5. Check that the Child Lock feature is not engaged.

Sparking in the cavity:

1. Check the containers, dishes or utensils in the oven and make sure they are not metal or have metal trim.

 Emerson® AUTHORIZED SERVICE	TO FIND THE LOCATION AND PHONE NUMBER OF YOUR NEAREST AUTHORIZED SERVICE CENTER...
CALL TOLL FREE: 1-800-695-0098	
FOR ADDITIONAL SET-UP OR OPERATING ASSISTANCE PLEASE CALL: 1-800-898-9020	
FOR CUSTOMER SERVICE, PLEASE WRITE TO: Emerson Radio Corp., Consumer Affairs Dept., 5101 Statesman Drive, Irving, TX 75063.	

LIMITED WARRANTY

MICROWAVE OVENS

Emerson Radio Corp. Warrants this product to be free from manufacturing defects in original material, including original parts, and workmanship under normal use and conditions ("manufacturing defect") for a period of one (1) year from date of original purchase in, and if used in, the United States ("warranty"). Should service be necessary under this warranty, Emerson will provide the following at an Independent Service Center or Regional Repair Facility permitted by Emerson to perform repairs, provided the manufacturing defect is verified along with the date of purchase:

- * Repair service for one (1) year from date of original purchase at no charge for labor and parts.
- * Replacement of a defective magnetron for seven (7) year from date of original purchase (labor not included after initial twelve (12) months).

There are Independent Service Center and Regional Repair Facilities located through out the country. For one nearest you, DIAL TOLL FREE: 1-800-695-0098. In the event the product must be mailed to a Regional Repair Facility which is permitted by Emerson to perform repairs:

- * Pack the unit in a well-padded heavy corrugated box.
- * Enclose your check or money order payable to the REGIONAL REPAIR FACILITY in the amount of \$ 15.00 to cover return shipping and handling costs.
- * Enclose a copy of your proof of purchase (warranty service will not be provided without dated proof of purchase).
- * Ship the unit prepaid via UPS or parcel post (insured).

NOTE: This warranty does not cover:

- (a) Damage to equipment not properly connected to the product.
- (b) Cost incurred in the shipping of the product to and from a Regional Repair Facility permitted by Emerson to perform warranty repairs.
- (c) Damage or improper operation of unit caused by customer abuse, misuse, negligence, or failure to follow operating instructions provided with the product.
- (d) Ordinary adjustments to the product which can be performed by customer as outlined in the owner's manual.
- (e) Signal reception problems caused by external antenna or cable systems.
- (f) Products not purchased in the United States.
- (g) Damage to product if used outside the United States.

THIS WARRANTY IS NON-TRANSFERABLE AND APPLIES ONLY TO THE ORIGINAL PURCHASER AND DOES NOT EXTEND TO SUBSEQUENT OWNERS OF THE PRODUCT. ANY APPLICABLE IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED IN DURATION TO A PERIOD OF THE EXPRESSED WARRANTY AS PROVIDED HEREIN BEGINNING WITH THE DATE OF ORIGINAL PURCHASE AT RETAIL AND NO WARRANTIES, WHETHER EXPRESSED OR IMPLIED, SHALL APPLY TO THE PRODUCT THEREAFTER. EMERSON MAKES NO WARRANTY AS TO THE FITNESS OF THE PRODUCT FOR ANY PARTICULAR PURPOSE OR USE.

THE EXTENT OF EMERSON RADIO CORP'S LIABILITY UNDER THIS LIMITED WARRANTY IS THE REPAIR OR REPLACEMENT PROVIDED ABOVE AND, IN NO EVENT, SHALL EMERSON RADIO CORP'S LIABILITY EXCEED THE PURCHASE PRICE PAID BY THE PURCHASER OF THE PRODUCT. UNDER NO CIRCUMSTANCES SHALL EMERSON RADIO CORP. BE LIABLE FOR ANY LOSS, DIRECT, INDIRECT, INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGE ARISING OUT OF OR IN CONNECTION WITH THE USE OF THIS PRODUCT. THIS WARRANTY IS VALID ONLY IN THE UNITED STATES OF AMERICA.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. HOWEVER, YOU MAY HAVE OTHER RIGHTS WHICH MAY VARY FROM STATE TO STATE. SOME STATES DO NOT ALLOW LIMITATION ON IMPLIED WARRANTIES OR EXCLUSION OF CONSEQUENTIAL DAMAGE, THEREFORE THESE RESTRICTIONS MAY NOT APPLY TO YOU.

The serial number can be found on the back cabinet. We suggest that you record the serial number of your unit in the space below for future reference.

Model Numer:

Serial Number: _____

MV1094F

